

## New Day New Dawn



Founded in 1987, New Day New Dawn is a Leicester based charity working with women and their families to help them overcome disadvantage, poverty and inequality.

The charity was founded by a group of local women in the North Braunstone area of the city, one of the most disadvantaged communities in England. They wanted to change their lives and those of their families and communities for the better. The women formed a self-help group and a drop-in centre called 'Turning Point Women's Centre'. Although the name of the charity has since changed, its lifelong mission to support women and inspire them to reach their potential has remained the same.

New Dawn New Day achieves its aims through its provision of a range of projects and services, including education and training; personal and social development; peer mentoring; counselling; support groups; community development; parenting support and family learning; childcare and early education; youth work; health promotion; and volunteering opportunities.

One of the projects it delivers is the 'Just Women' project, funded by the National Offender Management Service and managed in partnership with Leicestershire and Rutland Probation Trust. Working with women in the criminal justice system, the project aims to address the causes of their offending in order to divert them away from custodial sentences and reoffending. It achieves this by offering a holistic, women centred approach in a welcoming, safe and non-judgemental environment.

As part of the 'Just Women' project, the charity has provided counselling to over 130 women, helping them to gain growth and understanding through the development of a trusting relationship. From this, it has also identified that this is a service which would benefit many women across Leicester and Leicestershire who often struggle to access counselling due to long NHS waiting lists and the expense of private therapy. This has led to them setting up 'Solace', a women-only, low cost, means tested counselling service, the first provision of its kind in Leicester.

New Dawn New Day has also developed a range of relationship and sex education (RSE) sessions, workshops and projects to increase the knowledge, understanding and confidence of young people around the issues of sex, sexuality, sexual health and healthy relationships. The charity's RSE offer aims to promote positive choices, delay sexual activity and reduce the number of unplanned teenage pregnancies. Some of these RSE sessions are delivered by trained young people.

Since it opened the doors of its drop-in centre in 1987, the charity has also operated an in-house crèche and nursery with the support of Leicester City Council. With a child-led approach to children's learning, an emphasis on play, creativity, communication and indoor and outdoor discovery, the crèche offers one-to-one care and is able to accommodate children with a range of needs.

All of these services give women and their families the support, encouragement, confidence, skills, knowledge and experience to enable them to change their

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lives for the better. For the women the charity works with, this has included:

- Addressing their multiple needs and diverse aspirations;
- Increasing their self-confidence and realising their potential;
- Improving their health and wellbeing;
- Enabling them to gain skills and experience to participate in learning and employment;
- Increasing their confidence in their relationships and parenting skills;
- Exploring their needs;
- Helping them make a positive contribution to their communities.

The charity has always found that successful partnership working is a huge part of the services they deliver and that by working with local government, the health service, education, the third sector and other organisations, they can achieve far greater outcomes than working alone.

Although the majority of the charity's services are delivered through their dedicated Women's Centre in Braunstone, Leicester, in recent years their work has developed further afield, with the charity delivering projects in Charnwood, North Leicestershire, and Birmingham.

For further information on New Day New Dawn visit [www.ndnd.org.uk](http://www.ndnd.org.uk).

*“At New Dawn, New Day, we see women as the keystone of family life. We know that strong families build strong communities. So it follows that investing in projects that support women makes a huge difference, not just for women, but for their neighbourhoods and, most of all, their children.”*

Sarah Swire, Chief Executive,  
New Dawn New Day